

PEDOMETER WITH PANIC ALARM

MODEL : P209

INSTRUCTION MANUAL

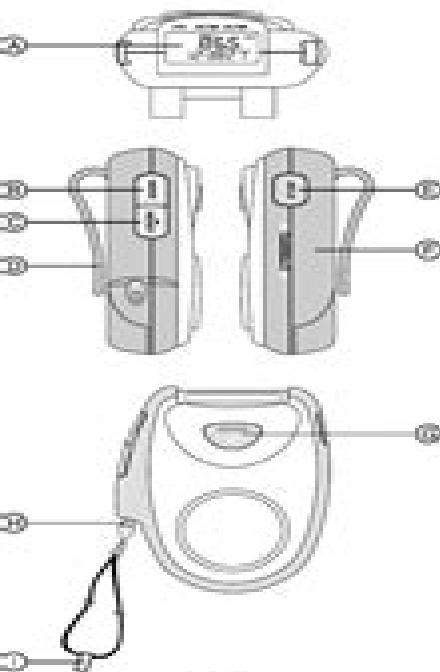


FIG. A

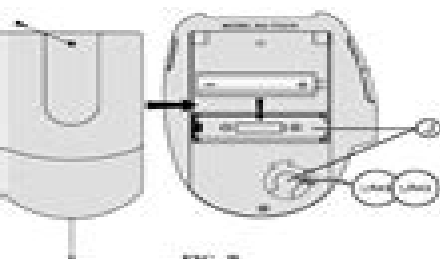


FIG. B

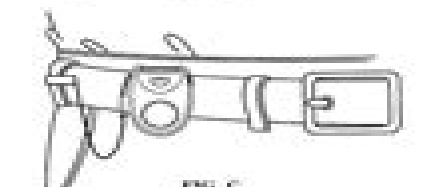


FIG. C



FIG. D

INTRODUCTION

Congratulations on your purchase of the Pedometer, a handy, multifunctional device that complements your active life by letting you count the steps taken in a walk or run, distance covered, calories burnt and time elapsed. What's more, the pedometer is equipped with a built-in LCD digital panic alarm, which helps you measure extensive load and spend in case of need.

BUILT-IN FEATURES

1. Step counter
2. LCD timer for real-time clock
3. Total distance counter
4. Total calorie counter
5. Stride distance adjustment
6. Count up timer
7. Panic alarm
8. EL Backlight
9. Low battery indicator
10. Motion sensitivity adjustment

CONTROL BUTTONS AND PHYSICAL FEATURES (FIG. A)

- LED**
Press this display for step discontinuation if the
- [MODE]** button
Changes display modes.
- [RESET/▲]** button
Resets a value to zero in normal mode or increases a value in setting mode.
- [HOLD/▼]**
For attaching to a belt or clothing.
- [ON/OFF/▲/▼/HOLD]** button
Starts or stops the count-up timer.
- MOVEMENT SENSITOR**
Adjusts the sensitivity of the unit to motion.
- [BACKLIGHT]** button
Turns on the backlight.
- PANIC ALARM PIN**
Activates the panic alarm which beeps from the unit.
- FASTENING CLIP AND CHORD**
For further securing the unit to clothing and acts as a pull chord for the panic alarm.
- BATTERY COMPARTMENT**
Accommodates 2 x LR44 size A & 1 x CR alkaline batteries.

BATTERY INSTALLATION

Two types of battery are required. Pedometer function is powered by 2 pre-LR44 batteries. Panic alarm is powered by one 1.5V alkaline battery.

1. Open the battery compartment door.
2. Insert two LR44 size A or one 1.5V alkaline batteries. (FIG. B)
3. Replace the compartment door.

The low battery indicator will light up when LR44 batteries are dying up. Replace batteries accordingly.

Note: If not disposed of properly, batteries can be harmful to the environment by leaking exhausted batteries to unlicensed disposal stations.

HOW TO ATTACH THE PEDOMETER

Use the belt clip and fastening clip to secure the pedometer horizontally to your belt, clasp on trailing strap. (FIG. C)

Note: The improper positioning of the pedometer may result in incorrect measurements.

DISPLAY MODES

The pedometer has three display modes: step, distance/time, and calories/timer. To select a display mode, press [MODE]. An indicator will light up for the active mode in display.

HOW TO USE THE BACKLIGHT

The backlight facilitates display reading in the night. To use it, press the backlight button to light up the display for five seconds.

HOW TO SET THE REAL-TIME CLOCK

1. Press [MODE] for step display.
2. Hold [MODE] for two seconds. The 10-hour value will flash.
3. Use [▲] to select between 1-2 hour and 24-hour clock format.
4. Press [MODE]. The hour digits will flash.
5. Use [▲] to enter the desired value. Hold down the button for five seconds.
6. Press [MODE]. The minute digits will flash.
7. Use [▲] to enter the desired value.
8. Press [MODE]. The second digits will flash.

Use [▲] to select the digits or press [▲] to select the desired value in screen.

10. Press [MODE] to confirm and exit.

STRIDE DISTANCE AND BODY HEIGHT

The stride distance is used to measure the total distance covered in a run or walk. Depending on the person, you can set the stride distance between 50 or 170 cm (19 to 66 inches) for regular walking motion. The clock your own stride distance, walk 10 steps and divide by 10 the total distance covered (FIG. D).



The body weight is used to calculate the calories burnt. You can set it between 50 to 170 kg (110 to 360 pounds) for regular motion.

To enter the stride distance and body weight,

1. Press [MODE] for distance/time or calories/timer display.
2. Hold [MODE] for two seconds. The weight and stride distance will be displayed with the stride distance flashing.
3. Use [▲] to enter the desired value for stride.
4. Press [MODE]. The weight value will flash.
5. Use [▲] to enter the desired value.
6. Press [MODE] to confirm and exit.

Note: the pedometer will automatically return to the distance/time display if no setting is made for seven seconds.

STEPS, DISTANCE AND CALORIES

To check the total number of steps taken, distance covered or calories burnt, press [MODE] for their respective display.

To check the values over a certain distance or time,

1. Press [MODE] for step display.
2. Press [HOLD/▼] to clear the value. Then the total distance and calories will be cleared alongside with the total steps.
3. Press [MODE] for distance/time or calories/timer display.
4. Press [HOLD/▼] to clear the time.
5. Press [START] to start the timer when ready. The timer will count up to 99 hours, 59 minutes and 59 seconds before restarting from zero again.
6. Use [▲] the pedometer will start registering the data if any motion is detected afterwards.
7. Press [STOP] to stop the timer when done.

Note: an **motion sensitivity** To make the unit more or less sensitive to motion, adjust the motion sensitivity slide switch. To determine the proper amount of motion sensitivity for an individual walking pattern, experiment with different settings.

FITNESS TIPS

To keep fit, it is generally advised a person weighing 60kg to walk 10,000 steps or more approximately 800 calories. The following diagram will give you some basic reference to the calorie consumption for people of various weights. (FIG. B)

HOW TO USE THE PANIC ALARM

The alarm will be activated when the panic alarm pin is detached from its socket. Pull the chord and detach the pin when the situation arises.

To stop the alarm, simply reinsert the pin to its socket.

Note: Only new 1.5V battery can last for approx. 15 minutes if the panic alarm activates. It is suggested to test the alarm function every time before you use the pedometer.

SPECIFICATIONS

Operating Modes	• STEP, DISTANCE/TIME, CALORIES/TIME
Real-time clock	• LCD timer operates with hour + minute + second display
Step counter	• up to 99,999 steps
Distance recorded	• 0 to 999.99 km, 0 to 0 to 999.99 miles for regular motion
Calorie consumption	• 0 to 9999 kcal
Count up timer	• 99 hours, 59 minutes, 59 seconds
Stride distance	• 50 to 170 cm (19 to 66 inches) for regular motion
Weight range	• 50 to 170 kg (110 to 360 lbs) for regular motion
Panic alarm	• alarm 110-115 dB measured at 3 cm distance
Alarm source	• 1 x LR44 1.5V battery + 1 x CR alkaline
Operating temperature	• -10°C to 40°C
Storage temperature	• -20°C to 60°C
Product size	• 52 x 70 x 23 mm (2" x 2.8" x 1")
Weight	• 50g (battery included)

DECLARATION

1. Do not introduce the unit to water. If the unit comes in contact with water, dry it immediately with a soft lint-free cloth.
2. Do not clean the unit with **abrasive or corrosive materials**. Also avoid cleaning agents that scratch the plastic parts and corrode the electronic circuit.
3. Do not subject the unit to excessive force, shock, heat, temperature or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or damaged parts.
4. Do not tamper with the unit's internal components. Doing so will void the unit's warranty and may cause damage. The unit contains no non-removable parts.
5. Only use spare batteries as specified in this instruction manual. The new unit size and old batteries as the old batteries may leak.

Read this instruction manual thoroughly before operating the unit.

CAUTION

- The content of this manual is subject to change without further notice.
- Due to printing limitations, the display shown in this manual may differ from the actual display.
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1. Understanding the eBook M262d Pedometer With Panic Alarm User Guide
 - The Rise of Digital Reading M262d Pedometer With Panic Alarm User Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying M262d Pedometer With Panic Alarm User Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an M262d Pedometer With Panic Alarm User Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from M262d Pedometer With Panic Alarm User Guide

- Personalized Recommendations
- M262d Pedometer With Panic Alarm User Guide User Reviews and Ratings
- M262d Pedometer With Panic Alarm User Guide and Bestseller Lists
- 5. Accessing M262d Pedometer With Panic Alarm User Guide Free and Paid eBooks
 - M262d Pedometer With Panic Alarm User Guide Public Domain eBooks
 - M262d Pedometer With Panic Alarm User Guide eBook Subscription Services
 - M262d Pedometer With Panic Alarm User Guide Budget-Friendly Options
- 6. Navigating M262d Pedometer With Panic Alarm User Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - M262d Pedometer With Panic Alarm User Guide Compatibility with Devices
 - M262d Pedometer With Panic Alarm User Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of M262d Pedometer With Panic Alarm User Guide
 - Highlighting and Note-Taking M262d Pedometer With Panic Alarm User Guide
 - Interactive Elements M262d Pedometer With Panic Alarm User Guide
- 8. Staying Engaged with M262d Pedometer With Panic Alarm User Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers M262d Pedometer With Panic Alarm User Guide
- 9. Balancing eBooks and Physical Books M262d Pedometer With Panic Alarm User Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection M262d Pedometer With Panic Alarm User Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine M262d Pedometer With Panic Alarm User Guide
 - Setting Reading Goals M262d Pedometer With Panic Alarm User Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of M262d Pedometer With Panic Alarm User Guide

- Fact-Checking eBook Content of M262d Pedometer With Panic Alarm User Guide
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

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- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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web use this checklist to ensure a smooth and efficient maintenance inspection for your transformer on this control you can record the status of your transformer s circuits conduct a thorough inspection on your transformer s external appearance and build keep track of your transformer maintenance schedule report issues with will transformer

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web feb 24 2012 there are three main things which to be checked on a power transformer on a daily basis reading of mog magnetic oil gauge of main tank and conservator tank color of silica gel in breather leakage of oil from any point of a transformer

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web of 3 transformer inspection report pekerjaan engineering procurement construction epc tag number date of check manufacture report id serial number report no capacity phase type of cooling rated voltage freq auxiliary equipment weight weather year of manufacture temperature no item to checked condition

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web the installation and testing of the transformer verifies its condition at the time it is ready for service as well as forming the baseline or signature tests for all future maintenance and later condition assessment or analysis w j bill bergman ieee calgary edmonton 2019 02 11 2019 02 12 w j bill bergman ieee calgary edmonton

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web jul 10 2023 although different types of transformer maintenance inspections can have different needs a typical transformer maintenance checklist includes fields for the following date and time the transformer maintenance is to be inspected turbine or transformer number if there are a lot inspection of all

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